

Table 1. Demographic characteristics of the study population	
Age (years)	18-24
Gender	Male
Marital status	Married
Education	High school
Occupation	Unemployed
Religion	Islam
Family size	2-3
Income (TL/month)	1000-1500
Health status	Healthy
Smoking status	Non-smoker
Alcohol consumption	No
Physical activity	Low
Stress level	Low
Family history of hypertension	No
Personal history of hypertension	No
Medication use	No
Comorbidities	No
Duration of study	12 months
Study location	Urban
Study design	Cross-sectional
Sample size	1000
Response rate	95%
Dropout rate	5%
Follow-up time	12 months
Assessment methods	Self-report
Data collection	Interview
Statistical analysis	SPSS
Ethical approval	Yes
Consent	Yes
Confidentiality	Yes
Publication status	Yes
Conflict of interest	No
Limitations	Self-report bias
Strengths	Large sample size
Generalizability	Low
Replicability	Yes
Conclusion	High prevalence of hypertension

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